



Santa Clara Senior Center

NEWS

November 2012

Holiday Craft Faire

Saturday • November 17 – 9:00 a.m.–2:00 p.m.

The Holiday Season is fast approaching and the Senior Center is ready to help! This year's Craft Faire is packed with talented artist and crafters. Don't miss your chance to purchase beautifully hand-crafted gifts for all the "nice" people on your list!

This year's Faire will showcase items from many different disciplines, including woodworking, knitting, photography, ceramics, jewelry and more. While you wander through the booths listening to holiday music, make sure to have a cup of hot chocolate from our snack bar where you can find breakfast, lunch and snack items.

The Santa Clara Senior Center is a great facility that's well used each and every day it is open. The Senior Center is also a collection of people, a community of different generations, diverse cultures, unique upbringings, and different languages. What we have in common is a desire to engage with one another while taking part in a variety of excellent programs and services. We need your help and cooperation so that everyone can have a positive experience while visiting the Senior Center.

Many participants and some of our neighbors have shared their suggestions on how to help things run smoothly for all. Here are some suggestions staff have received that we're passing along for all:

- Every one would like to find a place to park in the lot, as close to the building and as quickly as possible. When parking, practice "common courtesy" and be respectful of other drivers who are waiting their turn for a place to park
- When driving through the neighborhood, obey the speed limit of 25 MPH. Our facility is in a residential neighborhood next to a park where children play.

- Park only in designated stalls and never in front of a neighbor's driveway.
- Our neighbors want their garbage and recycling picked up, just like you. Don't move a neighbors' bins to create a space to park.
- Some of us walk slowly, use canes, walkers, or manual chairs. Others use a powered scooter or chair. When using a powered scooter or chair inside the facility be mindful of your surroundings. Please drive slowly and cautiously. Allow yourself time and space to safely react to someone who might suddenly step or stop in front of you.
- Take shorter showers.
- Change in the locker room, not in the shower.
- Please pick up after yourself when you use the facility; remove your own shampoo bottles and soap, throw away used paper towels, and flush.

Thank you all in advance for remembering these suggestions as you enjoy the Senior Center and all it has to offer.

Santa Clara Parks and Recreation Department

1303 Fremont St., Santa Clara, CA 95050

1-408-615-3170

www.santaclaraca.gov/seniorcenter • custservsrcenter@santaclaraca.gov

Monday–Friday 7:00 AM–5:00 PM • Saturday 9:00 AM–12:00 PM

(The office closes 30 minutes prior to the building)

Santa Clara



2001

SERVICES AVAILABLE AT THE SENIOR CENTER

All numbers are area code 1-(408) unless otherwise noted.

	Provider	Phone/Website
Care Management Services Services available by appointment: in-home assessment, connection to community resources, service coordination. Services available to City of Santa Clara seniors age 60+.	Santa Clara Parks & Recreation and Council on Aging Silicon Valley	615-3170 www.santaclaraca.gov www.coasiliconvalley.com
Health and Wellness Services Services available by appointment: health education, healthcare coaching, social engagement, home visits, blood pressure. Services available on drop in basis: blood pressure clinic Thursdays 9:30-11:30am Services available to City of Santa Clara seniors age 50+.	Santa Clara Parks & Recreation	615-3170 www.santaclaraca.gov
Health Insurance & Medicare Counseling (HICAP) Free information and assistance on Medicare related issues. Tuesdays by appointment. Services available to anyone on Medicare.	Council on Aging Silicon Valley	615-3170 www.coasiliconvalley.com
Senior Information and Resources Information, resource, and referral services for seniors at home. Services available to City of Santa Clara seniors age 50+	Santa Clara Parks & Recreation	615-3170 www.santaclaraca.gov
Legal Assistance Free legal assistance available two Wednesdays per month, by appointment Services available to Santa Clara County seniors age 60+	Senior Adult Legal Assistance (SALA)	615-3170 www.sala.org
Notary Service Free service by appointment, Fridays 8:00-9:00am. Signer must be present and provide government issued identification. Services available to seniors age 50+	Volunteer	615-3170 www.santaclaraca.gov
Dining Out Nutritionally balanced lunch served weekdays 11:30am. Advanced reservations are required. \$3.00 donation. Services available to Santa Clara County seniors age 60+.	Santa Clara Parks & Recreation and Santa Clara County	615-3174 www.santaclaraca.gov
Tax Assistance Offered throughout the year.	AARP volunteers	615-3170

Additional resources for seniors are available online @ www.santaclaraca.gov or at the Senior Center.

AMERICANS WITH DISABILITIES ACT (ADA) – In accordance with the Americans with Disabilities Act of 1990, the City of Santa Clara Parks and Recreation Department will ensure that all existing facilities will be made accessible to individuals with disabilities. Reasonable modifications in policies, procedures, and/or practices will be made as necessary to ensure full and equal access and enjoyment of all programs and activities for all individuals with a disability. In order to allow participation by individuals with severe allergies, environmental illnesses, multiple chemical sensitivity, or related disabilities, **please DO NOT wear scented products** to programs/activities at City facilities. Contact the Santa Clara Senior Center at (408) 615-3170 with accessibility concerns specific to this facility, and the Parks and Recreation office at (408) 615-2260 for accessibility concerns regarding other parks and recreation facilities/programs. For all other ADA questions, contact the City Clerk's office at 1-(408) 615-2220.

CLASSES

Dance for Health

Tuesdays • 1:00–2:00 p.m.

Come out & get moving! This class is designed for adults 50 and older who wish to stay fit and learn basic jazz dance technique, steps, combinations, and routines in a fun and supportive atmosphere. Some exercises will include the use of chairs for props while sitting and/or standing. Strengthen your balance, flexibility, memorization, and coordination while enjoying upbeat music. All abilities are welcome. **Instructor – S. Van Dyne**

No Falls S.O.S.

Tuesday and Thursday • 11:00–11:30 a.m.

Register on a monthly basis; Santa Clara senior discount applies. **S**tretch, **O**bserve & **S**trengthen your way to decreasing the risk of falling. Class is designed to accommodate the needs of those with physical health and mobility challenges. Focusing on falls prevention, this class provides you with gentle exercises to develop and improve your balance, sense of equilibrium, flexibility, spatial awareness and core muscular strength. Improve your overall health and quality of life while decreasing the risk of falls. Some exercises will include the use of chairs for props while sitting and/or standing. All abilities welcome. Individuals utilizing mobility aides (walkers, wheelchairs, etc.) are encouraged to register. **Instructor – S. Van Dyne**

Pilates Mat – Building the Foundation

Tuesdays and Thursdays • 7:30–8:30 a.m.

This class will focus on the fundamental principles of Pilates to achieve greater overall body strength and flexibility by concentrating on the physical core. The class will flow, exercise to exercise, in a manner that challenges, yet adapts to the needs of the participants. **Instructor – A. Strauss**

Jazzercise with Jerome!

Monday and Wednesday • 7:30–8:30 a.m.

This fun, energizing jazz program consists of cardio, strength building, & stretching moves. Modifications to each routine are offered to meet the needs & fitness levels of all participants. **Instructor – J. Flowers**

Zumba Gold® with Ginger

Mondays • 10:00–10:45 a.m.

Wednesdays • 9:30–10:15 a.m.

Zumba Gold® with Ginger is a Latin dance-inspired workout. Let the music move you in this upbeat, “fitness party.” Zumba Gold with Ginger is a lower impact, easy-to-follow fitness class that keeps you in the groove of life! **Instructor – G. Wilson**

Fitness for All

Wednesdays • 10:30–11:15 a.m.

Strengthen and tone your body to enhance overall health and physical fitness level. Gentle aerobic, toning and stretching exercises will improve your balance, flexibility, endurance, range of motion, sense of equilibrium and core muscular strength. Exercises will include chairs for props while sitting or standing. Class is designed to accommodate the needs of those with physical health and mobility challenges. All abilities are welcome. Individuals utilizing mobility aids (walkers, canes, wheelchairs, etc) are encouraged to register. **Instructor – S. Van Dyne**

Tai Chi for Life!

Tuesdays & Thursdays • 8:45–9:45 a.m.

Learn new ways to relax, revitalize, and have fun! Tai Chi is a mindful, internal martial art that flows in gentle and slow, whole body movements. Tai Chi promotes health, balance, flexibility, strength, and clarity. **Instructor - L. Scheer**

Join us for exciting classes that are designed to energize & motivate you to increase your fitness & activity levels. Seniors of all ages* & abilities are encouraged to register! For complete class descriptions, please refer to the Senior Center newsletter or the Recreation Activities Guide.

*Ages 50 & up

HEALTH & WELLNESS, CARE MANAGEMENT

November is Diabetes Awareness Month! Nearly 26 million Americans have diabetes, and many millions more are at risk of developing the disease. If you have questions or concerns about diabetes, or want to learn more about diabetes prevention, come see the nurses in your Health and Wellness Program.

Fall Wellness Series

Classes are held on Tuesdays, 1:00pm-2:00pm, in Conference Room 205. Pre-registration is required. Each class costs \$6, or Santa Clara senior discount of \$5. Join us for some interesting discussion and up-to-date information!

Disaster Preparedness – November 13 #46914

Nobody knows when Mother Nature will throw us for a loop. Learn the supplies to have on hand in your home and your car, put a plan in place in case the unexpected happens. *Instructor: Mallory von Kugelgen, RN, PHN, Care Manager*

Actively Aging- November 27 #46915

Feeling frustrated about gaining some extra pounds, or the aches and pains in your joints and muscles? Join us to explore tips and resources that can help turn minutes a week into decades of better health. *Instructor: Renee Furtado, RTC, CTRS, and Wendy Talbert, RN, BSN.*

Walk A Block - SMALL FREE GIFT

Mondays & Wednesdays, 10am – 10:30am

The holidays are approaching fast! All those treats are yummy, but not necessarily the best thing for your health. Walking has many proven benefits, including stress reduction and weight management. Our walking group, led by the Health and Wellness nurses and volunteers, is a self-paced group that does as many laps around the block as possible in 30 minutes. We meet Mondays and Wednesdays at 10:00 in the front lobby. Walk a Block will be offering a small FREE GIFT for each participant who comes to Walk a Block at least ten times! Give yourself a present this holiday season- the gift of good health!

Clutter Masters

2nd & Last Thursday each month 10:30 a.m.–12:00 p.m.

If you are struggling to manage an overwhelming number of belongings, come join us for support and information. For more information, please call the Health & Wellness Program nurses. There is no fee and all are welcome to attend.

Blood Pressure Clinic

Thursdays 9:30–11:30 a.m.

Free drop-in blood pressure check by our volunteer nurse every Thursday morning in the Health & Wellness office.

Hearing Testing

Friday, November 16th 9:00-11:00am

Free hearing screening by licensed audiologist and San Jose State Univ. Speech and Language Pathology interns. Appointments are limited, and registration is required at the front desk. Hearing screening check-in will be on the second floor in the Health and Wellness seating area.

A Few Good Men

Fridays • 12:30–2:00 p.m.

Take a break from the “same old- same old”! Share some stories and laughs, explore the process of getting older, and compare notes with other men who enjoy discussing what’s on their mind. Please see the Health & Wellness Program nurses for more information or just or just drop in next Friday - the gang will be happy to see you!

Transitions Support Group #46951

September 17th-December 3rd 2012 No class 11/12/12

Mondays 1:00pm-2:30pm, Room 205

Ongoing support group exploring significant life transitions. Participation is free, but space is limited. Pre-registration required at the front desk.

Finding Peace in a Frantic World #47964

Wednesdays, Nov. 28th-Dec. 19th, 2:00-3:30pm, Rm 149

Back by popular demand, this Mindfulness Stress Reduction program is a shorter four week series aimed at helping you find peace and contentment. Discover some simple practices to incorporate into your daily life to progressively free yourself from anxiety and stress. Participation is free, and pre-registration is required.

Minimizing Holiday Stress #47823

Mondays, 12/10, 12/17 and 1/7, 1:00-2:30, Room 205

The holidays can be a joyful time, but sometimes can be busy and overwhelming. Loneliness, anxiety, and even post-holiday let-down can rob us of any holiday cheer, and we may develop unhealthy stress responses as a result. This group will provide an avenue of support to help you learn strategies to minimize holiday stress. Participation is free, but space is limited. Pre-registration required at the front desk.

*These support groups are led by supervised, pre-licensed therapists through partnership with Process Therapy Institute, a counseling and education-oriented nonprofit organization committed to enhancing self-awareness and improving the quality of relationships.

ALWAYS HAPPENING

Ballroom Dancing

Tuesdays and Thursdays • 7:30–10:30 p.m.

Dancing is a great way to exercise, socialize, and connect with friends new and old. . Free dance lessons (Waltz, Fox Trot, Latin and more) are offered from 6:30–7:30 p.m. Admission to the dances is \$6 when live bands play and \$5 when hosted by a DJ.

Dining Out

Served Monday-Friday • 11:30 a.m. • \$3.00 donation.

Call our reservation hotline at (408) 615-3174

Visit with old friends or make new ones while enjoying a nutritionally balanced hot lunch. Menus, constructed by a registered dietician with input from seniors, change throughout the seasons. There is always an option to the hot meal such as meat or vegetarian salads, and sandwiches.

Advance reservations are required and are limited to 90 participants per day. Participants without a confirmed reservation may check with Dining Out staff or volunteers for the availability of stand-by meals. Meals not claimed by 11:45 am will be made available to stand-by diners. Please contact our Dining Out staff for information. Please contact our Dining Out staff for information. Services available to Santa Clara County seniors age 60+. Fee for guests under the age of 60, is \$6.00.

Drop-In Crafts

Thursdays • 1:00-3:00 p.m. • Santa Clara Senior Center

The Santa Clara Senior Center invites you to revisit an old hobby or take up a new one. Here is an opportunity to work on your own self-directed project in the company of others who share your love of crafts. Please, do not bring in projects that produce strong fumes (such as glues, paints or materials with toxic components). Finishing products are not allowed in the Senior Center. Please check with the front desk for the room assignment each week. All seniors, age 50+, are welcome. Space is limited; first come, first served. Storage space is not available at the Senior Center. Engage your brain as well as your creativity.

Santa Clara Women's League

2nd Tuesday of each month • 1:00 p.m.

The Santa Clara Women's League is a service organization which supports the Health and Wellness Program at the Senior Center. Membership flyers are available at the Santa Clara Senior Center. New members are always welcome.

Game On!

Santa Clara Parks and Recreation Department invites you to play at the Senior Center. Playing games is a great way to spend time with old friends and meet new friends all while keeping your mind sharp and staying "on top your game". Most games can accommodate any number of drop in players. Refer to the table below for more information on a game that interests you.

Game	Day	Time	Location	Contact	Drop Ins
Bingo	Tue, Fri	12:15-2:45 p.m.	Auditorium	Staff 615-3170	Welcome

Games, Games, Games

Mexican Train, Dominos, Cribbage and more	Mon, Wed	1:00-3:00 p.m.	Auditorium	Staff 615-3170	Welcome
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Card Games

Bridge, Intermediate	Mon, Wed, Fri	12:30-3:00 p.m.	Mezzanine *Auditorium on 4th Wed*	Duane 246-9794	Call first
Bridge, Intermediate	Tue	12:00-4:00 p.m.	Mezzanine	Manny 828-7741	Welcome
Bridge, Intermediate	Wed	9:00-11:30 a.m.	Mezzanine	Betty 248-3952	Call first
Canasta, Pinochle	Tue	12:00-4:00 p.m.	Mezzanine	Staff 615-3170	Welcome
Poker	Mon-Fri	7:30-10:00 a.m.	Mezzanine	Staff 615-3170	Welcome







Active Games







Wii	Mon-Fri Sat	7:00 a.m.-4:30 p.m. 9:00-11:30 a.m.	Fitness Center	Staff 615-3170	Welcome
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MONDAY	TUESDAY	WEDNESDAY
		
<div>5</div> Computer Lab, Billiards 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30	<div>6</div> Computer Lab, Billiards 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:15 TGA Tuesday Dance GERI FOLEY, D.J. 7:30-10:30pm	<div>7</div> ADVENTURES TO GO: RENO GETAWAY 7:30 Computer Lab, Billiards 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30
<div>12</div> CENTER CLOSED VETERAN'S DAY HOLIDAY	<div>13</div> Computer Lab, Billiards 7-4:30 Snack bar 8-4 Wood Shop 8-12 Bingo 12:15-2:15 TGA Tuesday Dance TED'S MUSIKMAKER'S 7:30-10:30pm	<div>14</div> Computer Lab, Billiards 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30
<div>19</div> Computer Lab, Billiards 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30	<div>20</div> Computer Lab, Billiards 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:15 TGA Tuesday Dance NOB HILL SOUNDS 7:30-10:30 PM THEME: "ELEGANT NIGHT"	<div>21</div> Computer Lab, Billiards 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30
<div>26</div> Computer Lab, Billiards 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30	<div>27</div> Computer Lab, Billiards 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:15 TGA Tuesday Dance THE CASUALS 7:30-10:30pm	<div>28</div> Let's Talk Travel! 12:30 Computer Lab, Billiards 7-4:30 Snack Bar 7-4:30 Computer Lab Closed 8:15-11:30 Walk a Block 10-10:30







THURSDAY	FRIDAY	SATURDAY
1 ADVENTURES TO GO: LION KING 12:00 VTA (Process Clipper Cards) 10:00 Computer Lab, Billiards 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance GERI FOLEY, D.J. 7:30-10:30pm	2 Computer Lab, Billiards 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15	3 Snack Bar, Computer Lab, Billiards 9-11:30
8 Clutter Masters 10:30-12 Computer Lab, Billiards 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance CASUALS 7:30-10:30pm	9 Computer Lab, Billiards 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15	10 Snack Bar, Computer Lab, Billiards 9-11:30
15 Welcome Newcomers! 10:30 Lunch Meet 12:30 Computer Lab, Billiards 7-4:30 Snack bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance 10th AVENUE BAND 7:30-10:30pm	16 Computer Lab, Billiards 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15	17 Snack Bar, Computer Lab, Billiards 9-11:30
22 CENTER CLOSED THANKSGIVING DAY HOLIDAY	23 CENTER CLOSED THANKSGIVING DAY HOLIDAY	24 Snack Bar, Computer Lab, Billiards 9-11:30
29 ADVENTURES TO GO: POINTSETTIAS, CHEESE & CHOCOLATE 8:00 Clutter Masters 10:30-12:00 Computer Lab, Billiards 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance NOB HILL SOUNDS 7:30-10:30pm	30 Computer Lab, Billiards 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15	


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 = Higher in sodium			 1 Roast Pork w/Gravy Biscuit Normandy Blend Vegetables Mashed Potatoes Fresh Pear	 2 Stroganoff w/Meatballs Whole Grain Rotini Noodles Green Beans Spinach Romaine Salad Chilled Peaches

Week #1 Alternative Meal — Chef Salad OR Vegetarian Cottage Cheese Salad OR Turkey Sandwich OR Vegetarian Patty Burger 				
 5 Meatloaf w/Gravy Diced Potatoes Brussels Sprouts Fruit Gelatin	 6 Roast Turkey w/Cranberry Sauce & Gravy Whipped Potatoes Italian Blend Vegetables Fresh Orange	 7 Rotisserie Seasoned Chicken Split Pea Soup Spinach Mexican Corn Salad Citrus Fruit Cup	 8 Baked Fish w/Tartar Sauce Brown Rice Curry Garbanzo Beans Romaine Iceberg Salad w/Cucumber Fortified Juice Sherbet	 9 Roast Pork w/Lite Sauce Rotini Noodles Capri Blend Vegetables Tossed Salad w/Tomatoes & Red Peppers Fresh Fruit

Week #2 Alternative Meal — Tuna Salad OR Vegetarian Bean Salad OR Chicken Salad Sandwich OR Vegetarian Patty Burger 				
 12 HOLIDAY NO MEAL	 13 California Chicken Salad w/Egg Meaty Vegetable Soup Mixed Greens & Tomato Fresh Orange Chocolate Brownie	 14 Roast Beef w/Gravy Rye Bread Whipped Potatoes California Blend Vegetables Fresh Fruit in Season	 15 BBQ Chicken Dinner Roll Diced Potatoes Spinach Banana	 16 Veal Cutlet w/Gravy Whole Grain Pasta Mixed Vegetables Garden Vegetable Salad Fortified Juice Cookie

Week #3 Alternative Meal — Santa Fe Salad OR Vegetarian Bean Salad OR Tuna Salad Sandwich OR Vegetarian Patty Burger 				
 19 Chicken Enchilada w/Green Sauce Spanish Rice Chuck Wagon Corn Garden Vegetable Salad Banana	 20 Roast Turkey w/Gravy & Cranberry Sauce Bread Stuffing Green Peas & Onions Spinach Tossed Salad Pumpkin Pie w/Whipped Topping	 21 Roasted Chicken Spinach Capri Blend Vegetable Fortified Juice Chocolate Chip Cookie	 22 HOLIDAY NO MEAL	 23 HOLIDAY NO MEAL

Week #4 Alternative Meal — Chinese Chicken Salad OR Vegetarian Cottage Cheese Salad OR Turkey Sandwich OR Vegetarian Patty Burger 				
 26 Beef Stuffed Bell Pepper w/Tomato Dinner Roll Mixed Vegetables Mairained Zucchini Salad Fresh Fruit in Season	 27 Chicken Cacciatore Whole Grain Pasta Italian Blend Vegetables Spinach Romaine Salad Fortified Juice Ice Cream	 28 Meatloaf w/Gravy Rye Bread Parslied Potatoes Chuck Wagon Corn Tropical Fruit Cup	 29 Baked Fish w/Tartar Sauce Tuscan Meaty Bean Soup Herbed Brown Rice Pilaf Peas & Pearl Onions Confetti Coleslaw Pineapple Tidbits, Fruit Pie	 30 Hot Turkey Sandwich w/Gravy Whole Grain Bread Whipped Potatoes Country Trio Vegetables Fresh Pear

Week #5 Alternative Meal — Chef Salad OR Vegetarian Bean Salad OR Egg Salad Sandwich OR Vegetarian Patty Burger 				
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DINING OUT

ALWAYS HAPPENING

Lapidary

Thursdays and Fridays • 9:00 a.m.–1:00 p.m.

Join the Lapidary drop-in program and learn to cut and polish rocks and begin making beautiful jewelry. Registration/Release is needed to participate. *(Donations accepted are used to replenish consumable lapidary supplies).*

Woodshop

Tuesdays and Thursdays • 8:00 a.m.–12:00 p.m.

The Woodshop is a great place to work on small projects and repairs. Join others who enjoy woodworking. A woodshop orientation is required. Beginners are welcome. *(Donations accepted are used to replenish consumable woodshop supplies)*

Welcome Newcomers

3rd Thurs. of each month • 10:30–11:30 a.m. • Rm 205

Join us for an informal yet informative get-together as we introduce you to the activities, programs, and services the Santa Clara Senior Center has to offer. An escorted tour of the 60,000 square foot facility will be available to those interested. Seniors, family members, and caregivers are welcome to attend. No preregistration is necessary.

Veterans Day Ceremony

November 11, 2012

Santa Clara Veterans Memorial in Central Park

909 Kiely Blvd, Santa Clara, California

A ceremony honoring veterans will be held at 3:00 p.m. at the Santa Clara Veterans Memorial in Central Park, 909 Kiely Blvd. Handicap parking and wheelchair assistance are available in the employee parking lot at the Community Recreation Center. For more information contact James Lee at 1-408-296-2512. You can also arrange to have a brick installed at this lovely memorial to honor a veteran. The donation is \$125, and a form can be found online at santaclaraveteransmemorial.com.

Shred Day Review

Thank you to all who participated in our recent Shred Day. We had 53 participants, not counting those who dropped their material in the bins before Shred Day. ARMA and Datasafe shredded 5,000 pounds of material, a huge increase over last year's total of 2,800 pounds.

Senior Advisory Commission

The Senior Advisory Commission consists of seven Santa Clara seniors who meet monthly, along with City staff, to discuss community-wide issues which impact seniors. Information is presented and shared and recommendations are offered on ways to improve the quality of life of all Santa Clara seniors. The role of the Commission is to make recommendations to the City Council on policy issues important to all seniors in our community. Commission members include Dwight Collins, Arlyne Diamond Ph.D, Barbara A. (Bobbi) Estrada, Frank Kadlecsek, Donna Marencia, Alice Pivacek, and Chuck Roberts.

Meetings:

4th Mon. of each month • 10:00 a.m. • Rm 232

Meetings are open to the public and agendas are posted in the Senior Center lobby and online at www.santaclaraca.gov.

You are welcome to drop in for any of our meetings and join the discussion or share your opinions on matters important to you.

Did You Know?

Second Harvest Food Bank offers assistance to those in need of food. There are programs for every age and family size. The Second Harvest Food Bank's Brown Bag Program provides nutritious groceries to low income seniors age 60+ and disabled individuals age 55+. Second Harvest also provides information regarding no cost hot meal sites. The Food Connection Hotline at 1-800-984-3663 will help you find food programs in your neighborhood. Staff members speak English, Spanish, and Vietnamese. You can find more information at www.shfb.org.

Lunch Meet

Thursday, November 15 • 12:30 – 1:30 p.m. • Rm 232

California Public Utilities Commission

Recognize, avoid, and report phone scams and fraud such as slamming, cramming, and the "grandparents' scam". Find out how to participate in California LifeLine, a program that may reduce your monthly landline phone bill. You may be eligible to receive a free phone if you are vision, hearing, mobility, speech impaired, or have difficulty with memory. Learn how to be prepared in the event of a power outage and/or natural disaster.

All are welcome to attend this free program. No pre-registration is required. Bring your lunch if you'd like.

FITNESS CENTER & NATATORIUM

The 3,000 square foot Fitness Center is equipped with cardio equipment, weight machines, free weights, core conditioning equipment, and a stretch area. There is something for everyone.

The Fitness Room and Natatorium are open

Monday–Friday 7:00 a.m.–4:30 p.m.

Saturday 9:00–11:30 a.m.

(Please check the schedule for when the Natatorium is closed for classes or cleaning)

Fitness Center Orientation

Do you have questions about how to use a machine properly? If you are new to the Fitness Center, please watch the “Fitness Center Orientation Video.” The video walks you through the Fitness Center and shows you how to properly use each piece of equipment. The video can be watched any time the Senior Center is open.

ATTENTION

Due to pool maintenance:

The lap pool will be closed Tuesday November 6th and Wednesday November 7th

The warm water pool will be closed Wednesday November 28th and Thursday November 29th

Due to routine pool maintenance:

The Natatorium will be closed Monday December 17th through Friday December 21st

So that pool users may make an informed decision whether or not water temperature is suitable for their needs, there is one (1) thermometer in each pool.

Lap Pool: Water temperature ranges from 81-84° F.

Warm Water Pool: Water temperature ranges from 90-94° F.

Spa: Water temperature ranges from 97-101° F.



Walkers Are Welcome!

Lane #1 is reserved for participants wishing to walk or water jog during the following days and times:

Monday: 7:00 a.m.–1:30 p.m. • Wednesday & Friday: 7:00–10:00 a.m. and 11:00 a.m.–1:30 p.m.

Tuesday & Thursday: 3:00–4:30 p.m.

Lanes #2 and #3 are always designated for swimmers only.

Open Lap Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-1:30pm	7:00am-1:30pm	7:00-10:00am	7:00am-1:30pm	7:00-10:00am	9:00–11:30am
		11:00am-1:30pm		11:00am-1:30pm	
3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	

Open Warm Water Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	9:00–11:30am
12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	
3:00-4:30pm		3:00-4:30pm		3:00-4:30pm	

ADVENTURES TO GO

Adventures to Go...carefree travel for ages 50 plus

Try it! We think you'll like it. The Senior Center travel program, Adventures to Go, offers a wide variety of options for travelers 50 years and up. Embark on a day or overnight "adventure" to different locations throughout California. A monthly Adventures to Go newsletter with details for all our upcoming trips is available at the Senior Center or online at www.santaclaraca.gov. Drop by the Senior Center or call (408) 615-3170 for registration information.

Senior Center Registration Form: Travelers are required to complete a new registration form and sign a liability release each calendar year. Forms are available at the Senior Center, and must be completed and submitted to the Senior Center office prior to participation in the travel program.

Adventures to Go Participation Guidelines: For Trip Registration procedures, Refund Policy, Travel Insurance recommendations, and Health and Physical Considerations, see the Santa Clara Senior Center Participation Guidelines, available at the Senior Center.

Trip Pick-Up/Drop-Off Area: Parking lot by the old police station at City Hall, located near the corner of Civic Center Drive and Lincoln Avenue in Santa Clara. Please arrive at least 15 minutes before trip departure for check-in. Motor coach will leave promptly at time specified.

Gratuities: All trip fees include a modest gratuity for the driver of the motor coach and servers at hosted meals, where applicable. When you experience exceptional service, you may choose to tip an additional amount. City of Santa Clara employees and tour escorts cannot accept gratuities.

Day/Overnight Trips

<i>The Lion King</i>	November 1
<i>Reno Getaway</i>	November 7-9
<i>Optional: Reno Dinner & Show Package</i>	November 8
<i>Poinsettias, Cheese & Chocolate</i>	November 29
<i>Christmas at Hearst Castle</i>	December 5-7
<i>Beach Blanket Babylon (I & II)</i>	December 9
<i>Day in Union Square</i>	December 13
<i>The Nutcracker</i>	December 20

New Trips

<i>Anything Goes</i>	January 9
<i>CA Academy of Sciences</i>	January 15
<i>Jackson Rancheria Casino</i>	January 30
<i>Wicked</i>	February 13

New Trips

New trips were released at Let's Talk Travel on October 24. Santa Clara Resident Registration began at that time. Non-resident registration began on the following Monday. See the November 2012 issue of the **Adventures To Go Newsletter** for detailed trip information and a complete listing of all upcoming trips. You may pick up a copy at the Senior Center or view it online at: www.santaclaraca.gov under Parks & Recreation and Senior Center. For registration information, drop by the Senior Center office or call 1-408-615-3170.

Three-year-old Bernhard Henschke took his mother's hand and began to walk. In doing so he became one of the first people to ever walk across the Golden Gate bridge; it was May 27, 1937, Pedestrian Day on the bridge. The bridge opened to automobile traffic the following day.

Over the years his mom's colorful stories kept Bernhard's memories alive and he vowed someday to take that walk again, in her honor. When Bernhard saw the Golden Gate Bridge Walk on the Senior Center's travel calendar he saw an opportunity to fulfill a dream he's had for 75 years.

His enthusiasm was short lived however as all the spaces for the trip were filled. The friendly office staff encouraged him to put his name on the wait list, as many times spaces DO open up! He did so and faithfully he'd check for any openings. The day before the trip, Bernhard got the phone call he had been waiting for: a spot on the trip had opened up. As the tour bus departed, Bernhard delighted the other travelers with his story as he passed around the original 75 year old keepsake program from that historic day.

With walker in tow and cane in hand, Bernhard was having second thoughts as he got off the tour bus and his eyes calculated the length of the bridge. He began to doubt he could make it across. Fellow travelers rallied around him with encouragement and Bernhard decided to try. Do you know he independently finished that walk in just 1½ hours!

Thank you Bernhard for setting an example for other's with your courage and determination and for making this an extra special day for all of us who were with you.



ADVENTURES TO GO

The following are just a few of the trips that were available at the time this publication was printed. For a complete listing of trips, see the Adventures To Go Newsletter. Contact the Senior Center for registration information.

Anything Goes

No. 47960 • Wednesday, January 9 • \$98 per person

Activity level: MEDIUM – approx. 1 hour drive; long period of sitting. Eat before arrival or bring a lunch to eat on the motor coach. No lunch or stop for lunch provided.

All aboard for this saucy and splendid production of Roundabout Theatre Company's ANYTHING GOES, winner of three 2011 Tony Awards® including Best Musical Revival and Choreography! One of the greatest musicals in theater history, Cole Porter's first-class musical comedy is sailing to the Golden Gate Theatre in San Francisco, starring critically acclaimed actress Rachel York as Reno Sweeney and directed and choreographed by Tony Award® winner Kathleen Marshall. When the S.S. American heads out to sea, etiquette and convention get tossed out the portholes as two unlikely pairs set off on the course to true love...proving that sometimes destiny needs a little help from a crew of singing sailors, an exotic disguise and some good old-fashioned blackmail. From your orchestra seating you will hear some of musical theatre's most memorable standards including "I Get A Kick Out of You," "You're the Top," and of course, "Anything Goes." **Motor coach leaves promptly at 12:00 PM and returns at approximately 7:00 PM.**

CA Academy of Sciences

No. 47962 • Tuesday, January 15 • \$65 per person

Activity level: MEDIUM – approx. 1 hour drive; large amount of walking with some stairs; elevator available. Bring a lunch or money to purchase lunch.

Brace yourself for the new Earthquake Exhibit at the California Academy of Sciences – a "must see!" The exhibit will give you a glimpse of the 1906 quake's destructive power, explore how the Earth's surface is directly related to what is happening inside the planet and show how the Earth's crust has influenced the evolution and diversity of life on our planet. Sit back in the world's largest all-digital planetarium and excite your senses with a new, visually stunning show that journey's through the San Andreas fault, delves into the Earth's core and explores the seismic science of earthquakes throughout our world. The California Academy of Sciences, named one of the new "Wonders of the World" by Condé Nast Traveler, is the only place on earth where you can explore an aquarium, planetarium, and natural museum under one living roof. **Motor Coach leaves promptly at 8:30 AM and returns at approximately 4:30 PM.**

Jackson Rancheria Casino

No. 47961 • Wednesday, January 30 • \$41 per person

Activity level: MEDIUM – approx. 2 1/2 drive; periods of walking, standing, and sitting.

Let the games begin! There are 49 gaming tables, 9 poker tables featuring Texas Hold 'Em and over 1500 slot and video poker machines for your enjoyment at this casino in Jackson. Dining options include the buffet lunch at Raging River or an expanded menu at Uncle Bud's. For a quick snack there's the Café Express, offering hot dogs, salads, sweet treats, side dishes, and beverages. Casino bonus: \$15 slot play and \$5 food credit. Please note: bonuses subject to change without notice. **Motor coach leaves promptly at 7:30 AM and returns at approximately 6:00 PM.**

Wicked

No. 47963 • Wednesday, February 13 • \$126 per person

Activity level: MEDIUM – approx. 1 hour drive; long period of sitting. Eat before arrival or bring a lunch to eat on the motor coach. No lunch or stop for lunch provided.

Back by "Popular Demand," WICKED is coming to the Orpheum Theatre in San Francisco. Winner of 35 major awards, including a Grammy and three Tony Awards®, WICKED is "Broadway's biggest blockbuster" says The New York Times. Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. One – born with emerald green skin – is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. From your orchestra seating, you will be entertained as you watch the two grow up to become the Wicked Witch of the West and Glinda the Good Witch, the witches of Oz. **Motor coach leaves promptly at 12:00 PM and returns at approximately 7:00 PM.**

Let's Talk Travel

November 28, 12:30 p.m.

Join us and *Let's Talk Travel!* We meet on the fourth Wednesday of the month at 12:30 p.m. in the Mezzanine. Come and learn more about upcoming tours, see travel presentations, or just to talk travel. Santa Clara residents can register for newly released tours following *Let's Talk Travel*.

Call 1-408-615-3170 for more information.